

last day's proceedings and announces to the House his approval thereof.

Pursuant to clause 1, rule I, the Journal stands approved.

PLEDGE OF ALLEGIANCE

The SPEAKER pro tempore. Will the gentleman from Maine (Mr. POLIQUIN) come forward and lead the House in the Pledge of Allegiance.

Mr. POLIQUIN led the Pledge of Allegiance as follows:

I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

WATER STORAGE IN CALIFORNIA

(Mr. LAMALFA asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. LAMALFA. Mr. Speaker, after years of extreme drought, California is finally receiving, thanks to the Good Lord and Mother Nature, significant rain and snowfall, perhaps enough to return to near normal conditions.

However, despite continued mandatory statewide rationing, Federal agencies are still making decisions that result in the loss of massive amounts of water that could be stored, or decisions that will be harmful to agriculture. Just 5 days ago, the Sacramento River ran so high that enough water to supply over 54,000 people for an entire year flowed past each hour.

While recent storms have improved our water supplies, our largest reservoirs are not yet full. They soon could be, but are not yet full. It is precisely during these times that water agencies need to be very cautious and very careful in managing these water supplies so that, as our reservoirs do become full, we can carry through until maybe the next drought.

So will they allow these reservoirs to become full, or will they let water flow down because of bad flood data or fish needs?

We will see.

RECOGNIZING BLEEDING DISORDERS AWARENESS MONTH

(Mr. CARTER of Georgia asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. CARTER of Georgia. Mr. Speaker, I rise today to recognize March 2016 as Bleeding Disorders Awareness Month. This month marks the 30th anniversary of President Reagan's declaration of March 1986 as Hemophilia Awareness Month.

One of the most troubling bleeding disorders is hemophilia. Hemophilia affects roughly 20,000 people in the U.S. and 1 in 5,000 newborns. Treating the disorder is complicated, as well as expensive, as there is no known cure, and treatment may cost \$250,000 a year.

Another bleeding disorder is Von Willebrand disease, or VWD, which re-

sults in bruising, nosebleeds, and excessive bleeding following surgical procedures. VWD occurs equally in men and women and is estimated to affect more than 3 million Americans.

Through this greater awareness of bleeding disorders, we can work toward earlier diagnoses and the prevention of complications, unnecessary procedures, and disabilities.

TRIBUTE TO MICHAEL SHINAY

(Mr. POLIQUIN asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. POLIQUIN. Mr. Speaker, our proud State of Maine has sent many hardworking, principled leaders to the national stage.

Senator Margaret Chase Smith brought common sense and courage to Washington as the first woman to serve in both the U.S. House and in the Senate.

Now, many other Mainers have served our country with distinction, but have seldom made the headlines.

Michael Shinay grew up in a middle class family in Waterville and was a loyal alum of the University of Maine. He was an immensely talented public servant who, every day, helped American families and businesses during his 30 distinguished years at the U.S. Postal Service. Mike served as postmaster in Burlington, Vermont, and in the Postmaster General's Office here in Washington.

In 1992, Mr. Shinay accepted the thankless job of cleaning up the theft and inside dealings right here at the House Post Office. He then cut costs and introduced new technology that streamlined this huge, complex mail system.

In 1999, Mike retired from the Postal Service and consulted on global mail systems to some of the world's most successful companies.

Two months ago, on January 23, Michael J. Shinay peacefully passed away, surrounded by his loving wife, Jeanne, of 39 years, and their two wonderful children, Katie and Jonathan. Two months ago, Maine and America lost a cheerful, hardworking public servant, full of fairness, integrity, and goodness.

We will miss Mike Shinay.

CONGRATULATING VALOR CHRISTIAN GIRLS SWIMMING AND DIVING TEAM

(Mr. COFFMAN asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. COFFMAN. Mr. Speaker, I rise today to recognize the Valor Christian High School's varsity girls swimming and diving team on their 4A State championship win.

It was a thrilling win for Valor. The team scored 320 points to catapult past their competitors in the quest for the State championship title.

Senior Brooke Stenstrom showed tremendous leadership and dedication in her record-breaking 50-yard freestyle, 100-yard freestyle, and 200 medley relay, earning her the title of "Swimmer of the Year" in the State's 4A classification.

Freshman Abbie Erickson finished fourth in the diving portion of the competition, contributing to the team's total points and ultimate State win.

Ms. Lori Stenstrom, the swim team's head coach, led a tremendous effort all season long to get the team ready for their State championship performance, earning her the title of "Swimming Coach of the Year."

I am honored to congratulate these young women on their State championship win.

CUBAN PRO-DEMOCRACY LEADERS

(Ms. ROS-LEHTINEN asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. ROS-LEHTINEN. Mr. Speaker, Raul Castro's thugs arrested or detained many Cuban pro-democracy leaders in anticipation of the President's time in Cuba.

Berta Soler, the leader of the Ladies in White, was detained; Antonio Rodiles, detained; and some of these activists were invited to participate in the meeting with President Obama.

Antunez and his wife, Yris, arrested; musician Gorki Aguilera, arrested; former political prisoner Angel Moya, arrested. Pastor Mario Felix Lleona Barroso was arrested yesterday.

The Castro brothers have shifted their strategy to a catch-and-release program to intimidate activists who have been placed under house arrest by the repressive apparatus of the regime.

President Obama says that human rights are important to him, but empty words with no actions to back them up send the message to the Castro regime to continue with his repression, and Castro continues to do so. No surprise there.

Shame on us, Mr. Speaker.

WORLD DOWN SYNDROME DAY

(Mr. BENISHEK asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. BENISHEK. Mr. Speaker, today, March 21, is World Down Syndrome Day. This internationally recognized event is set aside to raise public awareness of what Down syndrome is and about the important role that people with Down syndrome play in our lives and our communities.

According to the National Down Syndrome Society, there are currently about 400,000 people living with Down syndrome in the United States alone. These people are faced with elevated risks for many other health conditions and must confront obstacles every day of their lives.